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Walkouts likely in TVDSB

Negotiations.

Elementary union rep
says provincial
interference has all but
stopped contract talks



**ANGELA
MULLINS**

angela.mullins@metronews.ca

The chances of elementary teachers reaching a contract deal before work stoppages start next week? Slim to none, if you ask Phillip Mack.

Provincial legislation looming over contract talks has backed unions and local school boards into a corner with very little wiggle room, said Mack, president of the Elementary Teachers' Federation of Ontario's Thames Valley chapter.

"The terms that (we're) working under are extremely restrictive. You don't really have much give and take," he said. "We can't really collectively bargain."

Teachers at Thames Valley's 138 elementary schools were in a legal strike position Nov. 30, and started a work-to-rule campaign, which includes not participating in extra-curricular activities, Monday.

Ontario elementary teachers are expected to start walking off the job Monday, forcing districts to cancel classes with 72-hour notice given to parents.

The one-day walkouts will be rotated around the province.

By the numbers

5,300

Approximate number of Thames Valley teachers and staff represented by elementary and secondary school teachers' unions.

Mack doesn't know when local schools will be affected.

Education Minister Laurel Broten has said she will stop any strike actions using powers built into legislation passed this summer. That legislation set the guidelines for contract talks — mandating two-year wage freezes and barring strikes — and gives unions until Dec. 31 to reach agreements with local boards.

Local secondary school teachers were set to vote on a tentative contract Wednesday. The agreement, reached hours before strike actions were to begin last month, has been approved by school board trustees and given a preliminary OK by the ministry.

Colleen Canon, president of the Ontario Secondary School Teachers' Federation's local chapter, didn't respond to requests for comment Wednesday.

At the provincial level, the OSSTF cut off contract talks last week after the ministry rejected tentative agreements reached in some districts.

The federation said it won't join teachers in walkouts but will start pulling out of extra curriculars next week.

FINGERS CROSSED

NHL commissioner Gary Bettman leaves the room after speaking to reporters following an NHL Board of Governors meeting Wednesday in New York. Bettman said he is "pleased" with how the latest round of labour talks are going. More on page 17. MARY ALTAFFER/THE ASSOCIATED PRESS

6 ways to celebrate the spirit of the season



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MANUFACTURER COUPON EXPIRY DATE: December 31, 2012





Tuba-d you missed it, but this fundraiser's a tradition, so there's always next year

Western University music student Shane Lyttle, 21, of Port Hope, plays holiday tunes Wednesday at Covent Garden Market during the Don Wright Faculty of Music's Tuba Christmas to raise money for the Salvation Army. Dec. 5 is designated annually as a day for celebrating tuba music worldwide, a tradition started in the 1970s to honour Harvey Phillips, a well-known tuba player in music circles. ANGELA MULLINS/METRO

Forgetting about the tough times

Western's school of medicine. Research says you can soon forget you have a stress disorder or drug addiction

ANDREW SERCOMBE
london@metronews.ca

New research at Western University suggests effectively blocking memories can better treat post-traumatic stress disorder and drug addiction.

Nicole Lauzon, a PhD candidate in the lab of Steven Laviolette at Western's Schulich School of Medicine & Dentistry, has successfully modulated both positive and negative memories.

This new discovery could appeal to pharmaceutical companies, Lauzon said.

"Because the treatment is only temporary memory loss, we think this is a huge discovery that will be targeted by pharmaceutical companies," she said.

Lauzon has found a common mechanism in a region of the brain, called the pre-limbic cortex. By altering this part of the brain, she can control the recall of memories linked to both horrible experiences associated with post-traumatic stress disorder, as well as the rewarding memories linked to drug addiction.

Using rats in her research, Lauzon studied emotional learning, and how the brain connects what is seen or heard to what is felt. Lauzon created fearful memories in the rats, and was successfully able to temporarily block the fearful

events from their memory by what she calls "fear conditioning." The rats no longer responded fearfully to their conditions as they had done so previously.

Another of her studies observed how the rats reacted to conditional place preference. She first gave the rats small doses of heroin and morphine. After altering the rat's pre-limbic cortex, she successfully made the rats forget the positive experience of taking the drugs.

"The rats no longer associated positive emotions with the drugs, and forgot about how they felt when taking them," said Lauzon.

Most importantly, Lauzon's procedure does not cause any brain damage. The memories are temporarily lost, but remain intact.

"The memory loss is only temporary in the rats, and does not harm them," said Lauzon. "There is a significant amount of research left to be done."

Backgrounder

- Nicole Lauzon, 29, of London, has studied memory for six years, and has studied at Western University for 10.
- A video explanation of the research can be found on Western University's YouTube channel titled "Memory Research."



Milverton murder. Teen girl dies, man critically wounded in home shooting

A 17-year-old girl is dead, and a young man is fighting for his life in hospital after a shooting Tuesday night at a home in Milverton, north of Stratford.

Officers say they received a 911 call from a home at 11 Edward St. around 10 p.m. Tuesday. Police say 17-year-old Nicole Wagler was found dead inside the home, along with 23-year-old Tyler Baker who was suffering from life-threatening injuries.

Both victims are from Milverton. The male victim was rushed to London Health Sciences Centre, and was still listed in critical condition as of Wednesday afternoon.

Call Crime Stoppers

222-TIPS

Anyone with information about this case is asked to call the OPP at 1-888-310-1122 or their local police. People who wish to remain anonymous can also call Crime Stoppers at 1-800-222-8477 (TIPS).

OPP say they arrested a "male suspect" at the scene. Police have now charged 23-year-old Michael Schweitzer from Milverton with first degree murder and attempted murder while using a firearm.

He will reappear in court on Dec. 7. **AM980/AM980.CA**



Nicole Wagler, 17, was a student at Stratford Northwestern Secondary School. CONTRIBUTED

Joyce Bennett

TVDSB chair re-elected for second term

London trustee Joyce Bennett was re-elected as chair of the Thames Valley District School Board for a second consecutive term.

Bennett has served as a trustee for 24 years and represents London school wards 7, 8, 9, 10 and 13.

London trustee Ruth Tisdale, who has represented London school wards 1, 11, 12 and 14 since 2006, was elected vice-chair of the board.

METRO

League rankings up

Knights' winning streak on the line tonight

The London Knights will try to extend their winning streak to 16 games Thursday night when they travel to Brampton to battle the Battalion in Ontario Hockey League play.

London's hot streak has caught the attention of NHL scouts: The Knights are all the way up to third in the Canadian Hockey League rankings, released Wednesday.

The team record for consecutive wins is 18, set in 2004. **METRO**

1 NEWS

Patients hurt by hospital funding freeze, coalition says

Cut services. Ontario Health Coalition says services being slashed across the province

A patients' advocacy group says Ontario hospitals are being forced to close beds, shut clinics and cut services that cannot be replaced by

community-based agencies.

The Ontario Health Coalition says a zero per cent budget increase for hospitals has forced service cuts across the province, with some out-patient clinics for everything from physiotherapy to pain management being closed.

Coalition director Natalie Mehra says the government is misleading people when it claims the services being

cut by hospitals are being replaced with home care and more community-based care.

Mehra calls it smoke and mirrors for the government to claim it's all trade-offs and there are no real cuts happening.

The coalition says a recent increase in funding for home care is nowhere near enough to deal with lengthy waiting lists, and notes per-client funding is actually

decreasing because "there are so many more patients being dumped into home care."

Mehra says some patients are forced to pay \$50 to \$70 for every physiotherapy treatment when hospital clinics close and they are sent to private facilities.

She says Ontario's health-care funding is the lowest per person in Canada.

THE CANADIAN PRESS

Meanwhile, in London ...

- Officials at London Health Sciences Centre and St. Joseph's Health Care are in the initial stages of preparing budgets for fiscal year 2013-14, which starts in April.

province and say it's too early to predict how services may be affected.

- Dr. Gillian Kernaghan, president/CEO at St. Joe's, acknowledged that budgets are expected to be tight and the hospital will be "challenged" to meet projections.



First place! London students take top honours in the Time Project

Students from grades 5, 6 and 7 at University Heights Public School jump for joy Wednesday as they celebrate taking first place in a United Nations-sponsored learning competition. The challenge, called Time Project, gives students a day to answer questions researched and submitted by students from 22 countries around the world. The first-place win at University Heights marks the second time a school from Canada — and London — has walked away with top honours. Students at F.D. Roosevelt Public School, also in the Thames Valley district, took first place in 2006. ANGELA MULLINS/METRO

Influenza A. Outbreak at Victoria Hospital resolved

An alert Level 2/outbreak has been cleared for influenza A on D5-300, ACE (Acute Care of the Elderly) Unit at Victoria Hospital. The alert level was called Nov. 27 when the ACE Unit had two positive patients on the unit and three with respiratory symptoms.

"After consultation with the Middlesex London Health Unit this morning, this alert was resolved in accordance with their definition of a specified period of time with no new cases,"



medical director Michael John said in a news release. "Our primary concern is always the health and well-being of our patients, and with an earlier influenza season than usual, we are asking that family or visitors do not come to the hospital if they themselves are feeling unwell."

METRO

PCs. More groups should be able to bid on public service contracts: Hudak

There should be legislative changes that would allow more groups to bid on government service contracts, Progressive Conservative Tim Hudak said Wednesday.

Businesses and private-sector unions should be able to compete with public-sector unions for jobs in food services, transportation, information technology, construction and building main-

Quoted

"When you have closed tendering, it's only a couple of steps away from corruption."

PC Leader Tim Hudak

tenance, he said.
THE CANADIAN PRESS

Warning. Students leaving city should double-check their house security

With students from Western University and Fanshawe College heading home for the holidays, London police are advising them to be aware of the possibility of break-and-enters.

The first thing students can do is make the house look like someone is still living there.

"It is wise to have a neighbour, a family member or someone you trust visit the home frequently to check on

the house and collect the mail," said Const. Ken Steeves of the London Police Service. "Speak to your landlord to make sure grass and hedges do not overgrow."

Students should also make sure that if their residence is broken into, they do not lose their valuables. "Take phones, laptops and jewellery with you if you go away," said Steeves.

ANDREW SERCOMBE/FOR METRO

Callous or cowed? No one tried to save man on tracks

Subway horror in N.Y.C. Did 'bystander effect' stop crowd from rushing to help man who was pushed to his death?

MICHELLE CASTILLO
Metro World News in London, U.K.

The ugly question is: Why?

Why did no one on a crowded subway platform in New York City help Ki-Suck Han when he was shoved onto the tracks to his death?

Blame it on the "bystander effect," a psychologist told Metro World News.

Or to put it another way, a "diffusion of responsibility" actually occurs, said Dr. Scott Bea of the Cleveland Clinic Main Campus in Cleveland, Ohio.

Another psychologist, Dr. Elizabeth Waterman, said the more people who see an event like this happen, the less likely they are to help a stranger.



Ki-Suck Han's widow, Serim Han, holds a picture of him at a New York news conference Wednesday. She's reported as saying they had an argument before the tragedy. She tried to phone him later, but he never picked up.

REBETO MATTHEWS/THE ASSOCIATED PRESS

"The pressure for people to take responsibility is diffused among the group of others, therefore, the individuals feel less pressure to help," said Waterman of Morningside Recovery Centers in Newport Beach, Calif.

Ki-Suck Han died on the tracks at the Times Square subway station.

A gruesome newspaper

photo shows a solitary, tiny figure helplessly clawing at the platform as a Q train looms in the distance.

The New York Post ran the image on its cover, outraging many citizens.

Photographer R. Umar Abasi defended himself Wednesday, saying he used his flash hoping the subway driver would see it and stop.

The suspect

A homeless man, 30-year-old Naeem Davis, was arrested Wednesday in the subway pushing death of Ki-Suck Han.

- **The video.** Security video showed a man fitting the suspect's description working with street vendors near Rockefeller Center, police said.
- **The charge.** Davis is in custody, facing a second-degree murder charge.

"The perp was running toward me. I was afraid he might push me onto the tracks," he wrote in the Post.

Bea said: "I would hypothesize that the photographer is trying to ... rationalize his own behaviour ..."

"The public will have a strong tendency to judge those who were present negatively without understanding the powerful nature of 'the bystander effect.'"



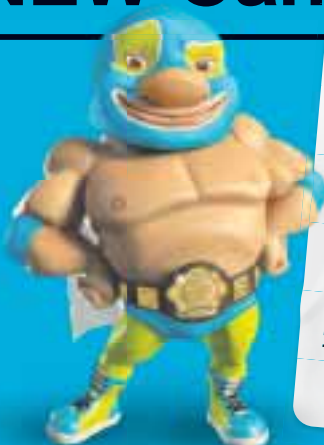
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How's Kate doing? Cheeky Aussie DJs fool U.K. hospital

Prank call. Radio pair from Down Under mimic royal accents and hear the pregnant duchess 'hasn't had any retching'

The hospital fell for it — royally.

Two Australian radio disc jockeys apologized Wednesday after impersonating Queen Elizabeth II and Prince Charles in a prank call that got a London hospital to tell them all about Kate Middleton's condition.

The 30-year-old Duchess of Cambridge is pregnant and is being treated at the King Edward VII hospital in London for severe morning sickness.

A woman using the often-mimicked voice of Britain's monarch asked



Pippa and James Middleton leave the London hospital after visiting their sister, Kate.
DAN KITWOOD/GETTY IMAGES

after the duchess' health — and was told by a nurse that Kate "hasn't had any retching with me and she's been sleeping on and off."

"She's sleeping at the moment and she has had an uneventful night.

"She's been given some fluids. She's stable at the moment," the kindly nurse informed the supposed queen and prince on the station's recording.

A dog yaps in the background while the alleged queen and prince talk about travelling to the hospital to check in on the patient.

"I would suggest that any time after nine o'clock will be suitable to visit," the nurse said. "We'll be getting her freshened up."

Australian radio personalities Mel Greig and Michael Christian of 2DayFM later apologized for the hoax — along with their station.

"We were very surprised that our call was put through. We thought we'd be hung up on as soon as they heard our terrible accents," they said in a joint statement with the station.

THE ASSOCIATED PRESS



Good news at last for Ford

Is that a triumphant look on the face of Toronto Mayor Rob Ford? He has just learned he can stay in office at least until mid-January in a conflict case. Ontario Superior Court Justice Gladys Pardu on Wednesday granted him a stay of an earlier decision that would have forced him out of power early next week. This allows him to keep his job until a ruling is issued on his appeal. CHRIS YOUNG/THE CANADIAN PRESS

Bulldozing error

Hey, where's our lovely chateau?

Residents of a sleepy French village in Bordeaux have been left dumbfounded after discovering their local 18th-century chateau was completely bulldozed "by mistake."

The mayor's office in Yvrac said Wednesday that workers hired to renovate the grand 140,000-square-foot manor and raze a small building on the same estate in southwest France mixed them up.

THE ASSOCIATED PRESS

Puerto Rico's test

Can Twitter keep you out of jail?

Puerto Rico has turned to Twitter in an experimental effort to help reduce the number of violent crimes.

Officials are allowing three male prison inmates to use a Twitter account and share their experiences of being in jail. The pilot program is dubbed Follow Me so you Don't Follow Me.

THE ASSOCIATED PRESS

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EU slams major electronics firms with \$1.9B fine

Cartel fine. 'There are victims: Millions and millions of citizens,' says EU antitrust chief

The European Union on Wednesday imposed its biggest ever cartel fine of about \$1.9 billion on seven companies for fixing the market of television and computer monitor tubes.

The EU's Commission ruled that, for a decade ending in 2006, the companies — including Philips, LG Electronics and Panasonic — artificially set prices, shared markets and restricted their output at the expense of millions of consumers.

EU antitrust commissioner Joaquin Almunia said that the companies' actions "feature all the worst kinds of anticompetitive behaviour that are strictly forbidden to companies doing



Commissioner for competition Joaquin Almunia speaks in Brussels Wednesday after the EU issued the largest cartel fine in its history.

YVES LOGGHE/THE ASSOCIATED PRESS

business in Europe."

Tubes were the essential part of television screens and computer monitors before they were replaced by LCD and plasma flatscreens. The cathode ray tubes accounted for up to 70

per cent of the cost of a screen, the Commission said.

Alumina added that the tubes' cost gave "an indication of the serious harm" the companies had caused. "There are victims: Millions and millions of citizens."

Philips and LG Electronics, which acted jointly and separately, were fined a combined \$1.3 billion while Panasonic was punished with a \$203 million fine, adding up to more if combined fines and affiliates were included.

Despite its co-operation with the Commission probe, Philips said in a statement it planned to appeal the fine since it considered it "disproportionate and unjust."

Other companies fined were Samsung SDI, Technicolor, MTPD and Toshiba. Chunghwa of Taiwan escaped fines as it was the first to reveal the cartel to the EU. **THE ASSOCIATED PRESS**

Real estate

Group launches takeover bid for mall owner

A consortium led by King-Sett Capital and including the Ontario Pension Board has launched a \$4.4-billion takeover offer for Primaris Retail Real Estate Investment Trust, one of Canada's largest shopping mall owners. The deal, if successful, would also see RioCan Real Estate Investment Trust buy five regional malls and three other shopping centres currently owned by Primaris for \$1.1 billion. **THE CANADIAN PRESS**

Market Minute



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I'm sick.

Not in the fun movie way where you get to take over cities and fight with Batman or Spider-Man.

Not in the whisky-commercial way where you whisper something amazing to your blond friend and her eyes go all wide because you're so darn naughty, you five-o'clock-shadowed bad boy.

And (this is the worst part) not even in the cough-cough cold-flu way where I get to admit that, yes, men are wimps and women are warriors and that's fine so long as I get some chicken soup and a pat on the head, many thanks.

No, instead I get to be sick in the way where you have a bunch of disparate symptoms and the doctors run tests and poke you with sticks and grimace at their clipboards

Immune-system overdrive

My skin responds to soap as if it's a bar of plague (99 44/100th per cent pestilent), and to my clothes as if it's No. 30 sandpaper. You could get a reasonable steam going if I were to lie down in the middle of a sauna and you poured water on my groin.

before finally saying that your problem is "idiosyncratic," which is doctoresque for "I don't know. What do you think?"

Fortunately, I have a theory. I think, after many years of working in the businesses of newspapers, radio and the Internet, that I've become infected with the media.

I'll explain. My symptoms point to some sort of autoimmune problem, which sounds like I'm impervious to the War on the Car, but actually means that my body overreacts to everything.

For instance, my immune system is fighting a major battle on my face right now. I'm not sure what's at stake, but my nose appears to be a strategic ridge of some sort, perhaps as a lookout for the vast expanse of cheek that lies beyond. Sometimes I swear I can hear a little voice yell, "Charge!" though that may just be the mild fever.

My skin responds to soap as if it's a bar of plague (99 44/100th per cent pestilent), and to my clothes as if it's No. 30 sandpaper. You could get a reasonable steam going if I were to lie down in the middle of a sauna and you poured water on my groin.

On top of all that, previous illnesses have taught me that my blood clots too well. I'm a superhero, basically, though one of those anarchist ones who responds with disproportionate force.

Which brings me back to my theory that I've been infected with media: I don't mean that I've hooked up with Jennifer in the sports department or anything — I just mean that, after years spent in media organizations, my immune system has responded to problems like a typical journalist.

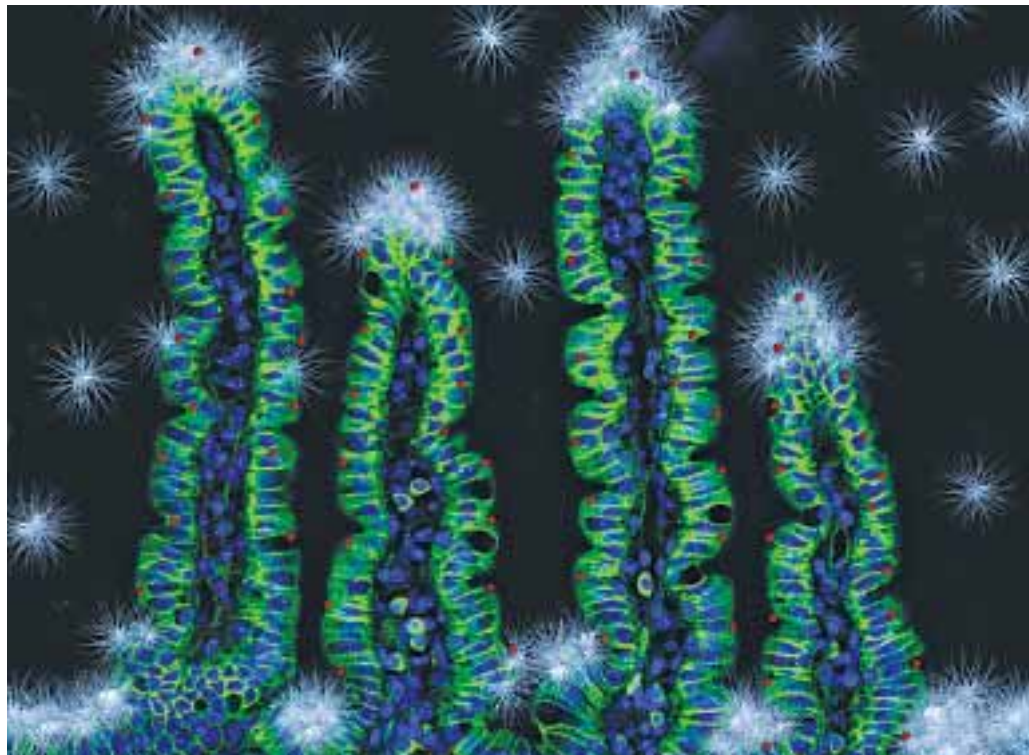
If a normal person noticed one bad thing in society — a stabbing, say — he'd call it an unfortunate fluke. Two instances, a coincidence. Three, a cause for concern.

But if a journalist notices one bad thing in society, it's a "tragedy." Two problems is a "rash." Three problems is an "epidemic." As you can see, we've been using medical terms all along.

I'm sure if you were to take a microscope and look into my bloodstream, you'd see a bunch of T cells wearing press hats and carrying notebooks, scurrying around in a panicked clot asking frantic questions in unison, ostensibly at invading viruses but often at nothing — or at a red blood cell shaped like a celebrity.

Happily, I know the best way to shut down a journalist. I plan to get ego massages until this problem subsides.

My gut tells me it's Christmas soon



ALEX GREENHOUGH AND PALOMA ORDONEZ MORAN/UNIVERSITY OF BRISTOL

Science photography

Snowy close-up of a human intestine

This Christmas scene, reminiscent of festive trees, is in fact an extreme close-up of a human intestine. It was captured by Alex Greenhough and Paloma Ordonez Moran of the University of Bristol, U.K., who are researching colorectal cancer. The "snow" was added by the scientists using a photo-editing program.

METRO

Q&A

Image was 'a bit of fun'

What is this image?

Alex Greenhough: It's a study of the human intestine using a confocal microscope, to detect the presence of certain proteins and cell nuclei in the organ.

More specifically, my colleague and I are studying the protein beta-catenin to understand why it sometimes becomes deregulated in cells of the intestine and why it leads

to the development of colorectal cancer.

By doing this research, we hope to further the understanding of cellular mechanisms that determine whether cells become cancerous, which we hope will lead to new opportunities for cancer prevention and therapy.

But this image seems more than science to you...

AG: Yes, the organized crypt-villus structures (of the intestine) in the image reminded me of Christmas

trees. When I heard about the university's Art of Science photo competition, I remembered the image we had captured during our research, so I quickly decorated the trees with snow (white) and baubles (red) using Photoshop software as a bit of fun.

What do you hope the audience will take away from your image?

AG: That scientists are imaginative and artistic, and not the stereotypical eccentrics in white coats.

METRO



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Twitter

@anma_sa:

It really surprises me that there's so much argument over an average increase of \$59/yr (less than \$5/month) to your tax bill. #ldnont

@phronk:

The #LdnOnt 0% tax increase debate just depresses me because it shows that humans are too stupid to create an economy that actually works.

@AdamZwakk:

Is there anywhere in #LdnOnt that sells Raspberry Pi boards?

@InvestChildren:

It's International Volunteer Day!! We'd like to thank all of our fantastic volunteers who work so hard at Investing in Children. :D #ldnont

@drizzypires:

Spotted: batman running through #westernu campus...followed by campus police #purpleknightises



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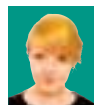


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Hot Dog! Indie record store celebrates first birthday

Anniversary. Shop's concept rooted in owners' earlier radio show



BACKSTAGE PASS
Amanda Grant
london@metronews.ca

Bill Murray's face is plastered all over downtown London. The message the Caddyshack star is trying to send? Go to Hot Dog Musique and Cinema.

In 2010, store owners Pam Haasen and Mike Bott started a CHRW radio show called Bill Murray. The show honours the quirky comedian and star of countless Wes Anderson films, and highlights the talent of Canadian musicians.

The constant search for new music the show required let Haasen and Bott delve deeper into the local and national music scene, leading them to open the record store last year.

"We opened here hoping to be a physical location where people can gather and exchange ideas about music and find out what's going on in the city," said Bott.

The pair settled on the name Hot Dog for the store, tying the radio show's roots to the shop.

"It's really because Bill Murray is the ultimate hot dog, a show-off," said Haasen. "Plus it's just a funny thing to say."

Hot Dog Musique and Cinema celebrates its one-year anniversary Saturday. The festivities include an afternoon of live music in-store from 2 until 6 p.m. followed by an evening show at the Craven Cottage.

The lineup boasts mostly local artists, including Timothy Glasgow, Bill Pond and You'll Never Get to Heaven, a London duo who just released their self-titled debut album to



Pam Haasen and Mike Bott are the masterminds behind Hot Dog Musique and Cinema, celebrating its one-year anniversary Saturday with live in-store performances. AMANDA GRANT/FOR METRO

national buzz.

"It's a kind of music that's a new export for London, something different and fresh," said Bott. "Their record is one of our favourites right now."

The store has a diverse range of vinyl, cassettes, VHS tapes, DVDs, and 'zines for sale, from rarities to cult classics.

Thanks to their sincere love of entertainment, Haasen and Bott are the store's in-house experts; they are happy to recommend a new album or an

old film, and will stand and recite lines from your favourite movies with you in the middle of their bright green store.

This is not a stuck-up record store. It's goofy and welcoming and full of great finds.

"Music and movies are like life to us," said Bott. "It's all about stimulating you and expanding your tastes and we are always open to something new."

Hot Dog Musique and Cinema is located at 256 Richmond St., next door to the

Around town

- **Art.** The Artfusion Gallery in Citi Plaza hosts An Artists Affair on Saturday. The event runs from 9 a.m. to 5 p.m. and is a handmade market, with jewelry, clothing and stationary for sale by local artists — a perfect

place to do some holiday shopping.

- **Music.** Local band After Funk plays Thursday at Call the Office. Tickets are \$10 at the door. Music starts at 9 p.m.

Forest City Gallery. Live performances run until 6 p.m. Saturday at the store and then the

festivities move to the Craven Cottage at 57 Evergreen Ave. from 8 p.m. to 11 p.m.

2 SCENE



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Rihanna ALL PHOTOS GETTY IMAGES

Rihanna getting set to marry Chris Brown?

Anyone who follows Rihanna's Twitter feed knows that Chris Brown is definitely back in her life in a big way.

But the latest news still comes as a shock.

Rihanna is reportedly planning to marry Brown in a secret New Year's Eve ceremony while the pair are visiting her native Barbados for the holidays, according to Hollyscoop.

One person not too thrilled about the rumoured

Quote

"She called Rihanna to yell at her, asking what she's doing with her life."

Source
Talking about Rihanna's mother's reaction to the news she may marry Chris Brown.

wedding? Rihanna's mom.

"She called Rihanna to yell at her, asking what she's doing with her life," a source says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Laxative lands LeAnn Rimes in more trouble

THE WORD
Dorothy Robinson
scene@metronews.ca

There was a time when LeAnn Rimes was world-famous for her talent.

Right? It's hard for me to remember that long ago.

Now she's just known for the petty drama with her long-suffering husband, Eddie Cibrian, and his ex, Brandi Glanville.

The latest?

Glanville is professing to a tabloid that she doesn't want Rimes around her sons, Mason, 9, and Jake, 5, because, according to her, they mistake her laxatives for candy.

"I, unfortunately, don't find her to be stable and I don't want her around my kids when Eddie's not there — or at least the nanny, his parents, someone," Glanville says of Rimes to *Us Magazine*.

"Mason, my eldest, ate some of Le's candies and got extremely ill. And Le's candies are laxatives. She has one in every purse. Mason found one on the floor and thought it was a Skittle! They don't keep sugar in the house," Glanville explains.

"He thought he finally found candy."

You know, you'd think in between learning shapes and colours, L.A. preschools would also teach life lessons to children being raised by celebrity parents.

They could teach the difference between a Skittle and a laxative or the difference between your nanny and your mother — the list is endless.

Twitter



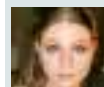
@ZacharyQuinto

if you are taking pictures with your iPad: i have absolutely no interest in taking our relationship any further than the picture.



@rustyrocks

I'm in Melbourne. Where do I go? What do I do? Who will love me?



@RealMichelleT

Getting the Final Jeopardy answer. #Priceless



@Joan_Rivers

The IRS seized Lindsay's bank accounts to settle her tax debt of \$233,904. Why bother? They'll get the same amount by returning her empties.



Eddie Murphy

Murphy's movies do little for studio profits

Eddie Murphy has earned the dubious honour of the Most Overpaid Actor in Hollywood, according to *Forbes* magazine's annual list. For every dollar that a studio paid Murphy for his last three movies, the

studio earned \$2.30, the worst rate of return for a star in the business.

His only film released this year, the poorly reviewed *A Thousand Words*, pulled in roughly \$20 million worldwide but cost an estimated \$40 million to produce.

Second on the list is Katherine Heigl, earning studios an average of \$3.40 for every dollar she's paid.

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Easy to do holiday 'dos

Kristen Stewart's hair stylist Adir Abergel walks us through festive hairstyles that are simple enough to do on the fly in your bedroom, but look like you've spent hours in a salon.

ROMINA MCGUINNESS
life@metronews.ca



The low chignon

"This look is classic and chic and can do no wrong," Abergel says. "It's both sophisticated and modern and will work for any kind of event you're heading off to."

1 Apply a volumizing styling whip to damp hair and blow-dry.

2 Create a centre part that is low and flat

and secure a low ponytail with a hair band.

3 Wrap the hair around the ponytail to create a low bun.

4 Secure your hair using some bobby pins.

5 Spray the entire look with hairspray in order to hold everything in place.

Get the look

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Casual waves

"It's no surprise that we often see this look on Hollywood celebrities as well as models when they are off-duty. These easy waves are naturally beautiful, laid-back and glamorous at the same time," Abergel explains. "And it's also much easier to copy than you'd think."

1 Apply UV protectant spray to damp hair before blowing it dry.

2 Separate your dry hair from the front to the back behind the ears and clip up.

3 Take the back section of your hair, split it in two, and clip up one of the sides

4 Take one vertical section of hair from top to bottom

5 Grab a hot iron and roll away from your face (as you roll, make sure you twist at the same time).

6 Once the hair is heated through, gently take it off the roller and let it set so the waves cool in place.

7 Repeat the above on other side.

8 Once you've gone through all the hair, run your fingers through to get your desired look.

9 Finish off with some hairspray to keep your look for longer without allowing the hair to go stiff or sticky.



The pin-straight blow-dry

"This elegant look is perfect for showing off shiny, healthy hair, and who doesn't want that? Glossy hair is the perfect accessory to any outfit and this sleek look is the best way to show it off," Abergel says.

1 Apply a lifting and texturizing spray or gel to damp hair at the roots and blow dry by scrunching your hair until it's completely dry.

2 Divide the top of your hair into two sections. Take the front section and brush it forward with a large round brush. Wrap the hair around the brush, roll it up and blow-dry

it out slowly in order to smooth the hair as much as possible. Repeat with the back section.

3 After smoothing the hair out, wrap each section around a large velcro roller and clip it into place.

4 Flat iron the rest of hair in order to straighten it one section at a time. Focus on the middle and the ends of the hair so that the volume is kept at the roots. Remove the rollers, comb out both sections and flat iron from the middle to ends of the hair only, not from the roots.

5 Set the look using hairspray and a glossing mist.

3 LIFE

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"The Spice Cookies are loosely inspired by the German Christmas favourite Pfeffer-nusse and are actually more closely related to an Italian spice cookie," write Yotam Ottolenghi and Sami Tamimi in Jerusalem: A Cookbook.

Ottolenghi and Tamimi, who both emigrated from Jerusalem to London, England, say the cookies are popular at their four Ottolenghi restaurants over the period of Hanukkah.

1. Soak currants in brandy for 10 minutes.

2. In bowl, mix flour, cocoa powder, baking powder, baking soda, spices, salt and dark chocolate. Mix with a whisk.

3. In stand mixer fitted with beater attachment, place but-

Dietary restrictions

Please note, the recipes on this page may not meet specific dietary restrictions.

Spice Cookies



This recipe makes 16 cookies. MATTHEW MEAD/ THE ASSOCIATED PRESS

ter, sugar, vanilla and lemon and orange zest and beat to combine, about 1 minute. With mixer running, slowly add egg and mix for about 1 minute. Add dry ingredients, currants and brandy. Mix until it comes together.

4. Gently knead dough in bowl with hands until it comes together. Divide dough into chunks (each about 50 ml/1/4 cup) and shape each chunk into

a perfectly round ball. Place balls on baking sheets lined with parchment paper, spacing 2 cm (3/4 inch) apart, and let rest in fridge at least 1 hour.

5. Heat oven to 190 C (375 F). Bake cookies 20 minutes, until tops firm up but centres are still soft. Remove from oven; let cool 5 minutes then transfer to wire rack. While cookies are warm, whisk glaze ingredients until a thin and smooth icing

Ingredients

- 175 ml plus 30 ml (3/4 cup plus 2 tbsp) currants
 - 30 ml (2 tbsp) brandy
 - Scant 500 ml (2 cups) all-purpose flour
 - 7 ml (1 1/2 tsp) best-quality cocoa powder
 - 2 ml (1/2 tsp) baking powder
 - 1 ml (1/4 tsp) baking soda
 - 2 ml (1/2 tsp) each ground cinnamon, allspice, ginger and nutmeg
 - 1 ml (1/4 tsp) salt
 - 150 g (5 oz) good-quality dark chocolate, coarsely grated
 - 125 ml (1/2 cup) unsalted butter, room temperature
 - 150 ml (2/3 cup) superfine sugar
 - 5 ml (1 tsp) vanilla extract
 - 2 ml (1/2 tsp) each grated lemon zest and grated orange zest
 - 1/2 large free-range egg
 - 15 ml (1 tbsp) diced candied citrus peel
- Glaze**
- 45 ml (3 tbsp) freshly squeezed lemon juice
 - 325 ml (1 1/3 cups) icing sugar

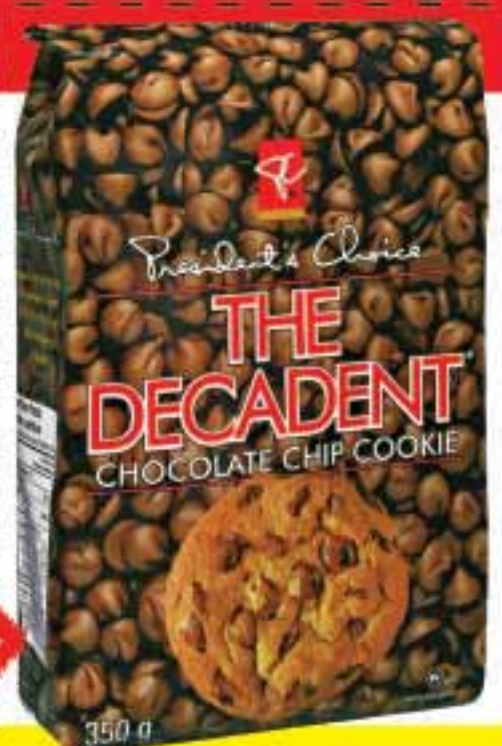
forms. Pour 15 ml (1 tbsp) of the glaze over each cookie, leaving it to drip and coat cookie with a very thin, almost transparent film. Finish each with 3 pieces of candied peel placed at the centre. Leave to set. **THE ASSOCIATED PRESS/ JERUSALEM BY YOTAM OTTOLENGHI AND SAMI TAMIMI**

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Black and gold trending for 2013



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Get advice from any old-school interior designer and they'll all give you the same rule: Every room needs a bit of black. The sharp contrast that black offers helps any room come to life. For a long time we've been getting that contrast with very dark brown, but look out for black. While we haven't seen it since the early '80s, it's on its way back in home decor.

Black's revival came out of the very dark brown tones commonly used as well as out of the popularity of grey over the past few years. From fashion to home decoration, grey has become a staple in our lives, outshining the taupe and beige scene. That grey is now darkening itself into its truest form — black.

Metallic colours have predominately been cool tones like silver and nickel. Now things are warming

up with champagne (a half-silver, half-gold mix) for contemporary homes and old brushed brass for traditional homes. The metallics have certainly heated up and any warm, golden tone will be hot for 2013.

Used in small spaces or large spaces

You might not think such a dramatic, dark colour like black would work in a small space, but if you're consistent with your tones, then any colour can work. Black adds a sense of drama and sophistication to a room and if you usually use your space at night, why not consider black as a main element.

Try to keep a balance

When mixing the black and gold colour combination in a modern space, use 70 per cent black and 30 per cent gold.

In more traditional settings, flip the coin and use 70 per cent gold tones and 30 per cent black to sharpen things up. Funny, the 70/30 rule applies to a lot of great design rules.



Organic hammered oval Angenam bowl

Hold the predictable fruit and nuts or a single candle for a golden illumination. \$20, ikea.ca.



Floor-to-ceiling style

Black floors, door frames and bookcases create a dramatic statement. ralphlaurenhome.com.



Lassalle Vanity

Grand scale goes invisible with an all black vanity or desk. \$2,500, crateandbarrel.com.



Gold pig bookends

From snout to tail, your books will be sandwiched in style. \$35, cb2.com.



Desire Gold wallpaper

Add some deco glamour to your walls. \$80/roll, graham-brown.com.

Classic Chambord French coffee press

Serve up morning coffee in style. \$70, anthropologie.com.



Exotica Cheetah 4-x-6 pelt

The classic animal print is hand made of wool. \$185, ecarpetgallery.com.



Hakkari Hurricane lamps

Harness nature's warm glow. From \$32, crateandbarrel.com.

Gift wrapping everywhere! Pack presents the green way

What are greener alternatives to paper when wrapping gifts?



QUEEN OF GREEN
Tovah Paglaro
green@metronews.ca

The presents have been opened, the kids are playing happily and you start stuffing all that wrapping paper into a recycling bag. Sure, it beats a garbage bag, but you know you could do even better.

Just look at those lovely kids — taking the extra step is the greatest gift you can give them.

Fabric wrap

Wrapping gifts with festive fabric is my favourite sustainable option! Keep it simple by purchasing beautifully made bags and accessories from small retailers or get crafty and make your own.

Folding fabric as gift wrap is also pretty simple and the end results can be spectacular. Whether you're giving wine, flowers, a box or some irregular shaped delight, you'll appreciate the step-by-step folding tutorials at furoshiki.com.

Get creative

Who says that gifts need to be wrapped in wrapping? A boxed item can be wrapped

in a scarf. Tea towels can hide wine bottles. And socks stuffed into a paper towel roller make for a fun surprise.

Maybe the kids in your house would enjoy making their own wrapping? Large bolts of cloth can be decorated with fabric paint and reused year after year. Gifts in cardboard boxes are already wrapped — just unleash the children's creativity directly on the box.

Post-consumer wrap

If you are going to wrap a gift in paper, look for wrap that is printed on 100 per cent recycled paper, with a high post-consumer percentage. Paper should be processed chlorine-free and printed with vegetable-based ink.

Bows and buttons

It's not just the paper that causes problems.

Those bows and ribbons are a mysterious assortment of plastic, making them difficult to recycle at the end of their life. It also takes a lot of resources to produce and ship them.

Obviously, reuse the ones you have on hand. But once they've been used up, replace them with fabric ribbon and buttons. Or take your inspiration from nature and decorate with felt, pinecones, pressed flowers and other bits or beauty located in your back-

yard.

It can be fun to make your own gift tags and decorations, but if crafty isn't your thing, turn to Etsy or your local holiday market. There are lots of artisans who'll appreciate

your green holiday buying power.

Have questions for the Queen of Green? Write to tpaglaro@davidsuzuki.org or tweet @DavidSuzukiQoG



Try making your own gift wrap out of festive fabric. ISTOCK IMAGES

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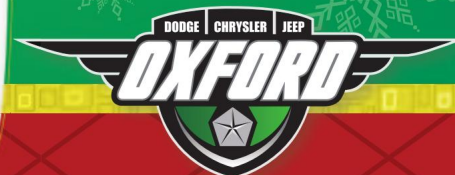
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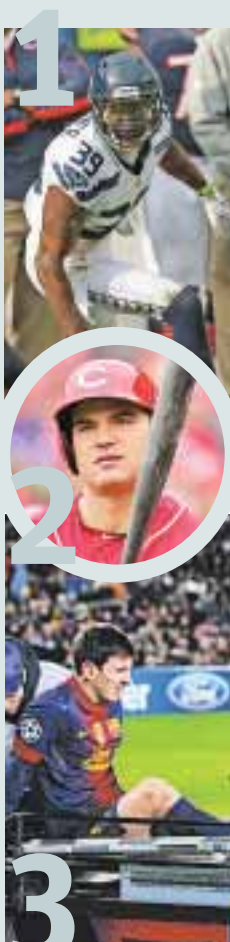
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Sports in pictures



1 NFL. Seahawk
Browner drops
PED appeal

Seattle Seahawks cornerback Brandon Browner has dropped the appeal of his suspension for using performance-enhancing substances and will miss the final four games of the regular season, the league announced Wednesday. **THE ASSOCIATED PRESS**

2 MLB. Votto
gets another
O'Neill honour

Cincinnati Reds slugger Joey Votto is the winner of the Canadian Baseball Hall of Fame's Tip O'Neill Award for the third straight year. **THE CANADIAN PRESS**

3 Soccer. Messi
hobbled in
Barca's draw

Lionel Messi was carried off with a knee injury as Barcelona was held to 0-0 by Benfica in the Champions League on Wednesday. The club said the initial assessment was Messi had an outer bruise to his left knee. **THE ASSOCIATED PRESS**



NHL commissioner Gary Bettman speaks to reporters after an NHL board of governors meeting on Wednesday in New York. MARY ALTAFFER/THE ASSOCIATED PRESS

Lockout talks gain steam in Gotham

Day 81. Bettman, Steve Fehr give reasons for hope in negotiations

Gary Bettman says he is "pleased" with how the latest round of NHL labour talks are going.

But that's about all the NHL commissioner was saying Wednesday.

Bettman made a brief statement in the afternoon following a two-hour board of governors meeting in New York.

"We are pleased with the process that is ongoing and out of respect for that process I don't have anything else to say and I'm not going to take any questions," Bettman said.

His comments come as the

By the numbers

50

According to sources, the owners are discussing a possible 50-game season. They felt a 60-game schedule was too ambitious given the current timeline.

two sides appear to be making some progress toward solving their labour dispute.

Representatives from the league and the NHL Players' Association met for several hours Tuesday and resumed talks Wednesday.

Bettman and union leader Donald Fehr haven't been in the room for the latest round of negotiations.

The two sides have cleared their schedules for the rest of

the week, asking for an adjournment to a hearing with the Quebec Labour Board in Montreal concerning the legality of locking out members of the Canadiens.

League owners gathered at the board meeting for the first time since authorizing the lockout. Bettman said the session was "basically an update."

"We feel good about the information we got," said Columbus Blue Jackets president John Davidson.

The two sides are hoping to build on the progress made Tuesday, which NHLPA special counsel Steve Fehr described as the best day yet in more than five months of talks.

Maple Leafs minority owner Larry Tanenbaum is one of six owners who became involved

Splitting the pie

Both the league and union proposed a 50-50 revenue split last month, but they remain separated on payments to be made outside the system to help ease the transition from the previous deal, which saw the players receive 57 per cent.

- The NHL has offered \$211 million in deferred compensations while the union is asking for \$393 million.

in the talks this week.

"As long as we're talking, we're hopeful," he said Wednesday. **THE CANADIAN PRESS**

NFL. Private service memorializes Belcher

Several players for the Kansas City Chiefs attended a memorial service for teammate Jovan Belcher, who killed his girlfriend and then fatally shot himself in the head.

Retired Chiefs Hall of Famer Bobby Bell said after the private hour-long service that general manager Scott Pioli, who witnessed Belcher's suicide on Saturday, spoke during the service. Bell said an uncle of Belcher also spoke.

Several Chiefs players declined comment after the service. **THE ASSOCIATED PRESS**



Chiefs quarterbacks Brady Quinn, left, and Matt Cassel leave a memorial service for teammate Jovan Belcher on Wednesday in Kansas City, Mo. **THE ASSOCIATED PRESS**

Doping. Four athletes stripped of Athens medals

Eight years after winning Olympic medals in Athens, four track and field athletes from eastern Europe were ordered to hand them back Wednesday because of positive doping tests, while Lance Armstrong can hold on to his bronze medal from the 2000 Sydney Games a little while longer.

The International Olympic Committee executive board disqualified four athletes whose 2004 Athens doping samples were retested this year and came back positive for steroids,

including shot put gold medalist Yuriy Bilonog of Ukraine.

Also stripped of medals were hammer throw silver medalist Ivan Tskikhan of Belarus and two bronze medalists — women's shot putter Svetlana Krivelyova of Russia and discus thrower Irina Yatchenko of Belarus.

The IOC held off stripping Armstrong of the bronze he won 12 years ago in the cycling road time trial in Sydney, citing procedural reasons for the delay.

THE ASSOCIATED PRESS

4 SPORTS

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Horoscopes

Aries

March 21 - April 20

If you start something new today, there is every chance it will succeed — so get busy! Mars in the career area of your chart gives you the drive and the ambition you will need to undertake a major new project.

Taurus

April 21 - May 21

Play to your strengths today and you won't go far wrong. Decide what it is that means the most to you and focus on it to the exclusion of everything else. If others say you are being selfish, take it as a compliment!

Gemini

May 22 - June 21

You now have the drive and the determination to accomplish something out of the ordinary. The fact that others say it cannot be done — or should not be done — will encourage you to prove them wrong. You love a challenge.

Cancer

June 22 - July 23

A breakthrough of some kind is possible but you have to be proactive. If you just sit there waiting for events to come round your way, you may be waiting a very long time. What can you do to speed things along?

Leo

July 24 - Aug. 23

Good luck will come to you over the next 24 hours but not in the form of material things. Most likely, it will be in the shape of a friend whose wise words are worth more than all the gold you could carry.

Virgo

Aug. 24 - Sept. 23

You are under fortunate stars at the moment and if you don't quite believe that now, you will start to believe it over the next few days. The more you think and act lucky, the more luck you will attract.

Libra

Sept. 24 - Oct. 23

It is probably going too far to claim that you can transform your life over the next 24 hours but you can certainly change it in important ways. You are already moving in the right direction. All you have to do is take longer strides.

Scorpio

Oct. 24 - Nov. 22

If you feel compelled to move in a new direction, you must not fight against it. It may seem strange to you now but over the next few days you will see that it is entirely to your benefit. Trust your instincts.

Sagittarius

Nov. 23 - Dec. 21

Why are you so defensive? Why do you insist on believing that the world is against you and you need to protect yourself? It's time to snap out of it. Reality is what you want to be, so lighten up and live.

Capricorn

Dec. 22 - Jan. 20

Put yourself in the spotlight today so that employers and others in authority can see who you are and what you can do. Yes, some people may think you are being too pushy but better that than you not pushing at all.

Aquarius

Jan. 21 - Feb. 19

If you want to make changes then now is the time. Don't take it as a bad sign if certain people try to talk you out of it or place obstacles in your path. They're just afraid you'll succeed. And you will.

Pisces

Feb. 20 - March 20

Some people never stop moaning about how tough life is, but it isn't true. Each day can be a new beginning and each day can be full of every joy imaginable. Make love and laughter your watchwords today. **SALLY BROMPTON**

Crossword

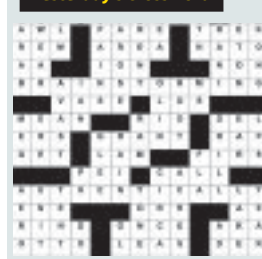
Across

- Actor James Van — Beek
- Cigarette substances
- Globe
- Brainstorm
- Beatles Meter Maid
- By way of
- Glitch or hitch
- Paradise
- Height abbr.
- Vacation necessity
- Wooded valleys
- Volleyball need
- "I am —"
- Scolds
- Peter Falk drama
- Bullring cheer
- Food morsel for Mister Ed
- Dinghy mover
- Chic
- Over yonder
- Want ad abbr.
- Ocean
- Trample
- Grease pencil, for one
- Hit lightly
- Dueling sword
- Yearn
- Letter after ka in Spanish
- Math calculation
- Halt
- Ink holder
- Ogle
- Winding curve

Down

- Computer data holder
- Charlotte Rae on The Facts of Life
- Paper quantity
- Halloween candy
- Pitch in
- Map abbr.
- Summer shoe
- Racetrack shape
- Brook
- Belfry dwellers
- Broker
- Matter for the courts
- Aussie bird
- Tippeler
- Eggs
- in the Family

Yesterday's Crossword



What's online

See today's answers
metronews.ca/
answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

8	2	5	3	6	9	1	4	7
9	3	4	8	1	7	2	6	5
1	7	6	4	2	5	8	3	9
2	5	3	6	7	8	4	9	1
4	9	7	2	3	1	6	5	8
6	1	8	9	5	4	7	2	3
3	4	9	7	8	6	5	1	2
7	6	1	5	9	2	3	8	4
5	8	2	1	4	3	9	7	6

6		9		1	5			3
	8		9					7
	2		7				1	
9							5	
		6	8		9	7		
	1							4
	5			7			9	
3				4			8	
8			1	2		3		

Today

3°/2°
Variable

Friday

6°/1°
Showers
70%

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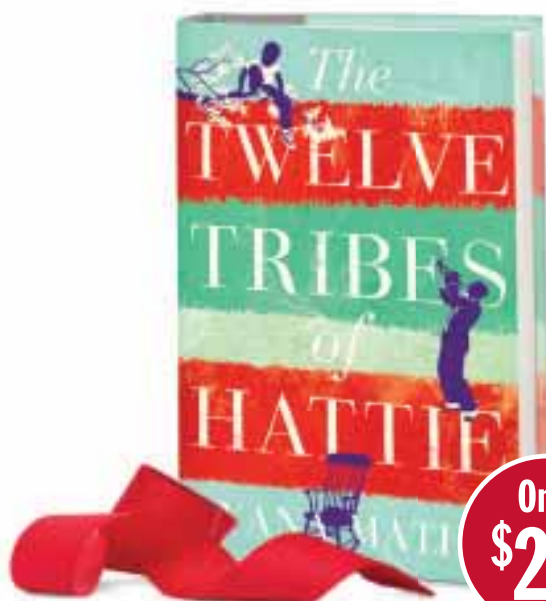
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Heather's Pick

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The Twelve Tribes of Hattie

By Ayana Mathis

From its devastating first chapter to its perfect last sentence, *The Twelve Tribes of Hattie* never ceases to astonish. Ayana Mathis' first novel is one of the strongest debuts of 2012, and will be talked about, shared and loved for years to come.

Mathis tells the story of Hattie Shepherd as she and her family navigate, negotiate, and survive the twentieth century. Each chapter moves from child to child, and through them Mathis paints a portrait of a mother who has sacrificed everything, not for her children's happiness, but for their mere existence. *The Twelve Tribes of Hattie* is an accomplishment in that even while

Mathis shows us the depths of selfishness, cruelty, and betrayal, she finds moments to let a ray of light shine through dirty windows. She allows her characters to be real – infuriatingly and often tragically real – but so real that you'll be frustrated at their failings and joyful at their moments of quiet optimism.

The Twelve Tribes of Hattie is a book that will live with you long after the last page. It is a book that showcases the talent of a powerful new voice in fiction, and it is certainly a book that deserves to be on everyone's list this holiday.

I loved, loved, loved this book.

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